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OTTAWA

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Wednesday, October 5,  
2011

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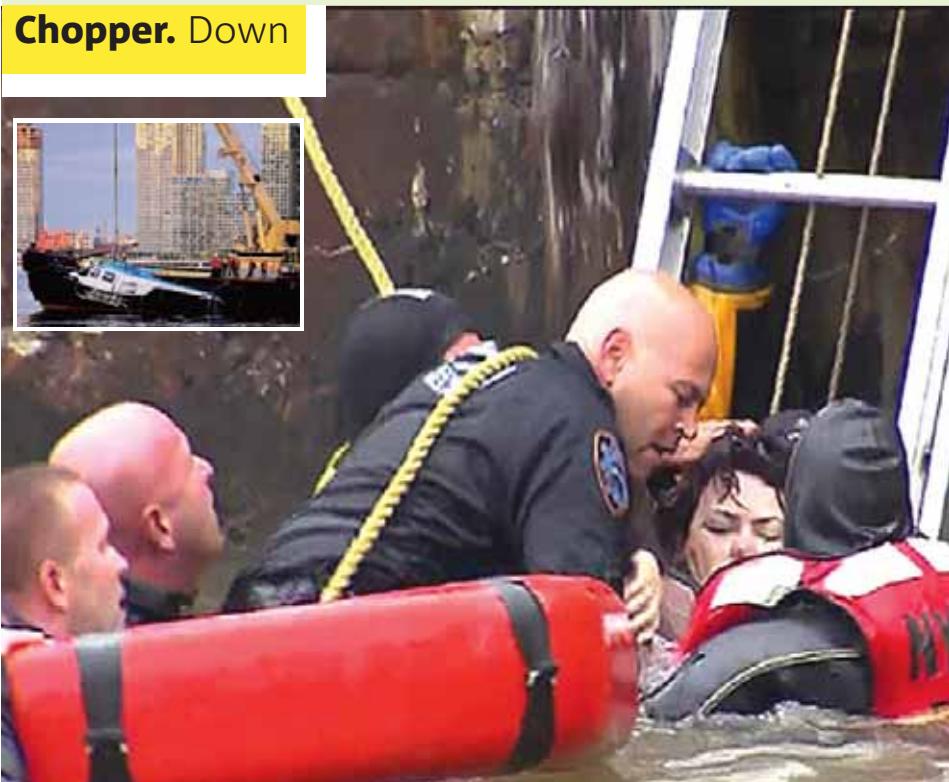


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**Chopper. Down**



► Above: Rescue workers pull a woman from the East River in New York after the helicopter she was travelling in crashed yesterday. Eyewitnesses said the copter lifted about 7.6 metres off the ground before it dropped into the water with surprisingly little splash. One person was killed and three were injured. Inset: The copter is pulled out of the river.

WPXI-TV NEWS/THE ASSOCIATED PRESS

One dead as copter plunges into East River

# Home reno horror

► Warrant out for contractor ► Man arrested on similar charges in Peel: Police



JESSICA  
SMITH

@METRONEWS.CA

A man accused of selling home-renovation goods and services that he never delivered is being sought by police.

Ottawa police say the man went to victims' homes, gave work estimates and took deposits and then either left without doing the work or failed to finish it.

Peel police say the man has been arrested in the past for similar activities.

In Ottawa, the man publicized his services with flyers offering surprisingly good deals, which is what caught the attention of

Orleans resident Jacques Boyer.

"I purchased a door," Boyer said. "Basically, I signed a contract and the delivery was to take place in August. In the beginning of September I had no news from the company. I called them up and found the phone was always off the hook."

Boyer did an Internet search and found other complaints about the man and his companies. He lodged a complaint with the Better Business Bureau, but now he's going to the police, he said.

Charles Soberano, 38, is wanted on 10 counts of fraud. He operated companies H2O Waterproofing Inc., Canadian Solar Energy Solutions and Patterned Concrete Solutions, Ottawa police say.



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## Crews fight blaze at British High Commissioner's home



► Earnscliffe, the official residence of the British High Commissioner, is pictured in this August 2007 photo.

JOHN JOHNSTON/Flickr

SEAN MCKIBBON  
@METRONEWS.CA

Ottawa firefighters fought to control a blaze last night at the former home of Prime Minister Sir John A. Macdonald, now the residence of the British High Commissioner.

"We're working aggressively to contain the fire to the attic and we've brought in extra crews to salvage and remove valuables," said Ottawa Fire

Services spokesman Marc Messier.

He said the call to emergency services came in at 7:39 and from an alarm company and there were four adults home at the time.

"Everyone is safe, there were no injuries," Messier said. He said that since fires typically move upward it should be possible to keep the blaze to the attic of the home. He

said there was no word on the cause of the fire.

The building has been the official residence of the British High Commissioner since 1930.

The Victorian mansion was built in 1857 and was Macdonald's home from 1883 to 1891.

WITH FILES FROM CANADIAN PRESS



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news



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**The federal Liberals say the government needs to fight harder against mental illness and suicide. Video at [metronews.ca/video](http://metronews.ca/video)**

## Protesters plan Ottawa rallies

► Representative from Occupy Ottawa says meeting tomorrow will see discussion on plan of action



JOE LOFARO  
@METRONEWS.CA

Montreal, and Ottawa among other cities on Oct. 15.

A representative identified as Kevin D. from the group Occupy Ottawa sent Metro an email saying a meeting will be held today to discuss a plan of action.

He wouldn't explain the group's demands, but said those details would be provided following Thursday's meeting.

"The support for this action in Ottawa has been overwhelming," wrote Kevin D. on the OccupyTogether.org website Monday.

"The demonstrations of non violent civil disobedience across the U.S have created an unprecedented opportunity for further action to address the fact that the current economic and political system is not working."

WITH FILES FROM THE CANADIAN PRESS

Hundreds of New Yorkers have been camping out in Manhattan's financial district to demonstrate against corporate greed, global warming, social inequality and other grievances.

More than 700 were recently arrested Saturday as they confronted police during a march on the Brooklyn Bridge.

Similar demonstrations are starting to spread through the U.S. and other countries, including Canada. Demonstrations are slated for Toronto, Vancouver,

► Protesters walk onto New York's Brooklyn Bridge before police began making arrests during Saturday's march by Occupy Wall Street. Similar protests are being planned here in Ottawa.



STEPHANIE KEITH/THE ASSOCIATED PRESS



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# Pit bulls shot after attack on owner

Officers have had to shoot other breeds of dangerous dogs before, not only pit bulls: Gatineau police



JESSICA  
SMITH  
@METRONEWS.CA

Gatineau police shot and killed two pit bulls after the dogs attacked their owner and then turned on the officers, said a police spokesman yesterday.

A neighbour called 911 at 8:45 a.m. Sunday to report a dog attack, said police spokesperson Const. Pierre Lanthier. Police found the dogs' owner was waiting outside of his apartment building with severe bites to his arms and legs when officers arrived.

"As police approached the victim, one of the pit

bulls started running toward the cops. He was really mad and tried to jump at the police officer. So they had no choice but to shoot and kill the dog," said Lanthier.

Paramedics rushed the man to hospital and police evacuated the apartment building because the second dog was inside.

A dog catcher tried to control the pit bull and then an officer tried to use pepper spray to subdue it, said Lanthier.

"After that the dog was dangerous. That's when the police officer used a firearm to kill that dog too."

There will be an internal investigation into the

**"(The pit bull) was really mad and tried to jump at the police officer. So they had no choice but to shoot and kill the dog."**

CONST. PIERRE LANTHIER  
GATINEAU POLICE SERVICE

shooting. Lanthier said the owner gave officers permission to kill the second dog.

"When there is a situation like that, you have to make sure to protect the public, protect the victim and protect ourselves," said Lanthier. "Sometimes, you can't use your pepper spray."



CONTRIBUTED

## Give like Christmas on Thanksgiving

Santa Claus isn't visiting the malls yet, and you probably haven't hung up your Christmas lights — but Ottawa charities need your donations now to make sure there will be enough

food to go around this Christmas and all winter.

This weekend, the Sharing and Caring Exchange is hosting Ottawa's Biggest Bake Sale at the Billings Bridge Shopping Centre, which raises money for the annual Christmas Ex-

change.

"Last year, it was the busiest Christmas that we've had," said Marilyn Matheson, executive director of the program. More than 25,000 people received Christmas assistance, including 11,573 children and 2,901 seniors.

When it gets colder the cost of living goes up and more people turn to the food bank, said Peter Tilley, executive director of the Ottawa Food Bank.

**100** The Ottawa Food Bank needs about 100 volunteers to help with the Thanksgiving Food Drive this weekend.

The Thanks For Giving food drive runs at Metro, Loblaws, Your Independent Grocer and the Westboro Superstore this weekend and the first weekend in November and December.

• JESSICA SMITH

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# Knox returns, thanks supporters

► Arrives back in U.S. after acquittal in Italy  
► Prosecutor could still appeal verdict

Amanda Knox returned to her hometown of Seattle yesterday and was overcome with emotion as she was a day earlier in Italy, when she was acquitted on murder charges after four years in prison. "Thank you for being there for me," she tearfully told her supporters in front of a crowd of reporters from two continents.

"I'm really overwhelmed right now," she said at a news conference minutes after she was escorted off a British Airways flight out of London.

Knox's life turned around dramatically Monday when an Italian appeals court threw out her conviction in the sexual assault and fatal stabbing of her British roommate in 2007. Yesterday a court-

**"I was looking down from the airplane, and it seemed like everything wasn't real."**

AMANDA KNOX

room picture of Knox crying after the verdict was read appeared on the front pages of newspapers in Italy, the U.S., Britain and around the world.

After arriving at the Seattle-Tacoma International Airport, Knox, now 24, sobbed at the news conference and held her mother's hand as her lawyer Theodore Simon said her acquittal "unmistakably announced to the world" that she was not responsible for the killing of Meredith Kercher.

After her parents offered their thanks to Knox's lawyers and supporters, Knox spoke briefly, saying, "They're reminding me to speak in English, because I'm having problems with that."

"Thank you to everyone who's believed in me, who has defended me, who has supported my family," she said. "My family's the most important thing to me so I just want to be with them."

Knox's acquittal, fueled by doubts over DNA evidence, stunned the victim's family and angered the prosecution, which insists that she was among three people who killed Kercher, 21. But for Knox's grandmother Elisabeth Huff, "it was like the weight of the world had



► Amanda Knox talks to reporters in Seattle yesterday. Knox was freed Monday after an Italian appeals court threw out her murder conviction.

gone."

"We all are as happy as can be. I can't tell you how long we've been looking

forward to this day," Huff told The Associated Press outside her home in West Seattle, a tight-knit com-

munity a few miles across Elliott Bay from downtown.

THE ASSOCIATED PRESS

## Vancouver riot trials may be televised

Audiences who watched whooping young men set cars ablaze and loot stores live on TV after Vancouver's Stanley Cup loss to Boston may soon be invited to tune in again, this time for the accused's public shamings in prime time.

The British Columbia government announced in its throne speech on Monday it will respectfully ask Crown prosecutors to push the courts to allow the broadcast of trials of suspected rioters.

Premier Christy Clark told reporters she wants the trials aired because the eruption of violence in



► Rioters in Vancouver on June 15 overturn a car. Riots broke out after the Vancouver Canucks lost in game seven of the Stanley Cup finals.

downtown Vancouver on June 15 attacked British Columbians' sense of safety.

"Those guys had no problem doing their crimes

quite in public," she said Monday. "So I think that they should have no problem being tried in public either." THE CANADIAN PRESS

### News in brief

#### Border deal will cost \$1B

**PERIMETER.** A much-ballyhooed perimeter security deal between Canada and the United States will come with a \$1-billion price tag for new border facilities and programs to make trade and travel easier, The Canadian Press has learned.

The so-called Beyond the Border action plan will include some three dozen items the government plans to pursue together.

Measures in the plan include:

- A "one-stop shopping" window for importers who now have to deal with up to half a dozen government agencies;
- Less paperwork for companies that could receive duty-free treatment for shipments but currently don't bother because of the hassle;
- Special visas for certain business travellers and more emphasis on frequent-traveller and trusted-shipper programs;

• Detailed benchmarks that will bring each country's food and auto industries in line;

• Synchronized planning at land border crossings, where there is now little international co-ordination. THE ASSOCIATED PRESS

#### Negligence charges in shooting death

**LOADED WEAPON.** Charges have been laid against a man whose gun was used by a young boy in a fatal shooting in southeast B.C. four months ago.

Fifty-one-year-old George Phillips of the community of Jaffray, B.C. is accused of criminal negligence causing death and the careless storage of a firearm.

His 10-year-old stepson found a loaded weapon in Phillips' home on June 16 and pulled the trigger, killing 17-year-old Fernie resident Michael Voth.

RCMP ruled the shooting accidental. Phillips is expected to face the charges in provincial court in Cranbrook, B.C. on Nov. 9.

THE CANADIAN PRESS

## Russia strengthens law on pedophilia

Russian lawmakers yesterday gave first-round approval to a bill that strengthens punishments

for pedophilia, including mandatory chemical castration or life sentences in cases of repeated offences.

The lower house, or State Duma, unanimously passed President Dmitry Medvedev's bill in the first of three required readings. The bill also needs approval by the upper house and Medvedev's

signature. It imposes chemical castration for sexual crimes against minors younger than 14 by those with a previous pedophilia conviction. The procedure of chemical castration involves administering testosterone-suppressing hormones intended to curb sexual drive. THE ASSOCIATED PRESS

## Government lacks info on oilsands pollution: Report

The federal government's information about greenhouse-gas emissions and oilsands pollution is so spotty that key decisions are being made without fully understanding the consequences, says the environmental auditor.

There's no way of telling whether Ottawa is on track to meet its targets for cutting greenhouse gases, environment commissioner Scott Vaughan says in a new report.

And in the booming oilsands area of Alberta, Ottawa can't possibly understand how the environment of the area is being affected because it doesn't have basic information or proper monitoring tools, Vaughan said.

"Failure to prevent environmental impacts from the start can lead to significant problems down the road," he said.

THE CANADIAN PRESS

# Airport pat-down leads to security climb-down

► TSA agents frisk breast-cancer patient at JFK after scanner detects implants ► Agency apologizes

A woman recovering from breast cancer says she was subjected to a humiliating public pat-down at a New York airport even though she offered to produce documentation about her medical implants.

Business consultant Lori Dorn said in a blog that the frisking at John F. Kennedy International Airport added "insult to injury and caused me a great deal of humiliation."

The Transportation Security Administration later apologized for the incident.

Dorn was heading to

## Screen test

► The U.S. Transportation Security Administration recently rolled out a four-part in-service training course focused on screening prosthetics. Training should be completed across the United States by the end of next year, it says.

San Francisco last week when a full-body scanner detected her prostheses. She said she explained she had recently undergone bilateral mastectomy and

had tissue expanders implanted for breast reconstruction. A TSA agent refused to let her retrieve documentation from her wallet "that explains the type of expanders, serial numbers and my doctor's information," she said.

"I had no choice but to allow an agent to touch my breasts in front of other passengers," Dorn said.

Dorn said she received an apology from a JFK official "who agreed that proper policy wasn't followed."

In its own blog, the TSA said it regretted the incident. **THE ASSOCIATED PRESS**

## Bay. Watch



► A composite image shows the changing sea levels of the Bay of Fundy in Nova Scotia. The bay is in contention as one of the New Seven Wonders of Nature.

CONTRIBUTED

## Fundy bid hoping for tide of goodwill

The campaign to have the Bay of Fundy named one of the New Seven Wonders of Nature is gearing up as the Nov. 11 deadline approaches. The bay is known for having the greatest tidal range in the world. Readers who want to vote for the Bay of Fundy free of charge can go to [votemyfundy.com](http://votemyfundy.com) or text FUNDY to 77077 on any Canadian cellphone. (The cost is 25¢ per text vote.)

## Fur flies as judges weigh in on U.K. cat spat

British judges insist they didn't block a criminal's deportation because of worries he would be separated from his pet cat.

The judges were responding to remarks by Theresa May, the home secretary, who told an annual rally of Britain's Conservative Party that a court had ruled a Bolivian man should be allowed to stay in the U.K., in part because he owned a cat. She was citing examples of human-rights legislation preventing the country's courts from sending foreign offenders

home.

The Judicial Office, which represents judges, said May was wrong, and that the man was allowed to stay because of a long-term relationship with his girlfriend, a British resident.

In the court ruling, Judge Judith Gleeson had joked that the couple's cat wouldn't have "to adapt to Bolivian mice."

**THE ASSOCIATED PRESS**



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## Forbes ranks Canada tops for business

Forbes ranked Canada as the best country for business yesterday, moving up from fourth spot last year, helped by a lower overall tax burden.

"While the U.S. is paralysed by fears of a double-dip recession and Europe struggles

with sovereign debt issues, Canada's economy has held up better than most," the influential U.S. business magazine wrote.

Forbes noted that Canada ranked ninth among the 134 countries reviewed for tax burden compared with 23rd in the category for 2010.

Canada was the only country to rank in the top 20 in 10 of the 11 categories considered by Forbes. **THE CANADIAN PRESS**

## No stimulus unless recession: Flaherty

Finance Minister Jim Flaherty laid out what would have to happen before he would introduce new stimulus to support the economy and jobs: a new recession.

But Flaherty said he's "relatively confident" that will not happen.

The minister's statements yesterday came min-



► Flaherty

utes before the Toronto Stock Exchange opened with another big selloff and more dark news out of Europe that Greece was edging closer to a debt default.

"If we had some sort of world recession, that would change the picture dramatically," Flaherty said of the government's approach.

"But I'm relatively confident that what we're going to see in Canada is modest economic growth over the next little while."

**THE CANADIAN PRESS**

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PRESSES OF 5 P.M. YESTERDAY			

# Apple unveils faster, more powerful iPhone



► Apple CEO Tim Cook talks about the iPhone 4S during an announcement at Apple headquarters in Cupertino, Calif., yesterday.

39 million iPhones were sold in the first six months of this year

Apple Inc. unveiled a faster, more powerful iPhone yesterday in its first major product event in years without Steve Jobs presiding.

New CEO Tim Cook led the show after Jobs, who has been battling health problems, resigned from the post in August.

Cook, wearing a navy blue button-down shirt and jeans, opened by calling his nearly 14-year tenure at Apple "the privilege of a lifetime." Those in the audience clapped as he entered, but the reaction seemed more muted than what Jobs had recently received.

Cook said the iPhone 4, which came out in June 2010, sold more quickly than previous models, but Apple has just five per cent of the worldwide handset market.

Apple is hoping to grow that with a new model. The new iPhone 4S has an improved camera with a higher-resolution sensor. The processor is faster, which helps run smoother, more realistic action games. It's

also a "world phone," which means that Verizon iPhones will be able to useable overseas, just as AT&T iPhones already are.

The new iPhone also comes with new mobile software, iOS 5, that includes such features as the ability to sync content wirelessly, without having to plug the device to a Mac or Windows machine.

Apple said the new phone will come in black or white. Its U.S. price will be \$199 for a 16 gigabyte version, \$299 for 32 GB and \$399 for 64 GB — all with a two-year service contract requirement.

iOS 5 will also be available on Oct. 12 for existing devices — the iPhone 4 and 3GS, both iPad models and later versions of the iPod Touch.

Apple said Oct. 12 will also mark the launch of its new iCloud service, which will store content such as music, documents, apps and photos on Apple's servers and let people access them wirelessly on numerous devices.

**THE ASSOCIATED PRESS**

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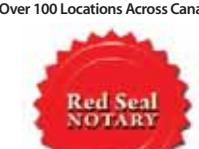
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# NOBODY'S RIGHT IF EVERYBODY'S WRONG

## JUST SAYIN' ...

PAUL SULLIVAN  
METRO



"There's somethin' happenin' here. What it is ain't exactly clear."

That's the opening line from the most famous protest song of the '60s, Buffalo Springfield's For What It's Worth. It was written by Stephen Stills, who went on to Crosby, Stills, Nash & Young fame, and then went on to become old and fat, like most of the other citizens of Woodstock Nation.

But, as my grandma used to say, if you hang around long enough, history will repeat itself, like beans for dinner.

My grandma may have been a bit rude, but she was right. There's a new protest movement in town. It's called Occupy Wall Street, and if the youth of today weren't so prejudiced about classic rock, Steve's song would fit right in:

There is somethin' happening here ... and what it is ain't exactly clear. And that's putting it mildly.

Occupy Wall Street started small in a park near the New York Financial District when 100 people were arrested for being obnoxious on or about Sept. 24, and has grown daily, spreading to other cities in the U.S., Europe and Japan and, of course, Canada, which never

wants to be left out.

Occupy Wall Street Nation, spawned by the children of the boomer citizens of Woodstock Nation, is an eerily accurate echo of the original. Stylish, young, technologically hip protesters drape themselves over iconic real estate uttering incoherent slogans.

Back then it was "Smash the state" and "Hell, no, we won't go" and "One, two, three, four — what are we fightin' for?" etc. Today it's "Honk if you're in debt," "Tax the rich," "99 per cent" (as in, 99 per cent are poor; one per cent are rich) and "Compassion is evolutionary" ... whatever that means. Slogans and stylin' are more important than policy, which is, after all, complex, boring and contentious. Ee-yew.

Like Woodstock Nation, Occupy Wall Street Nation is a shambolic coalition of leftist ideologues, all-over-the-map "anarchists," actual poor people struggling to make ends meet, and students who naturally support any movement featuring free smoke, free pizza and a chance to meet beautiful people with bells on their toes and rings in their noses.

There's still part of me that wants to stick it to the Man, just like I did back in 1970. Until I remember that I am the Man, man, which is a bummer. When did I get to be the Man? When I got a job? Grew up? Had a family? All of the above?

How about that? Four decades later, and it still ain't exactly clear ... for what it's worth.

Read more of Paul Sullivan's columns at [metronews.ca/justsaying](http://metronews.ca/justsaying)

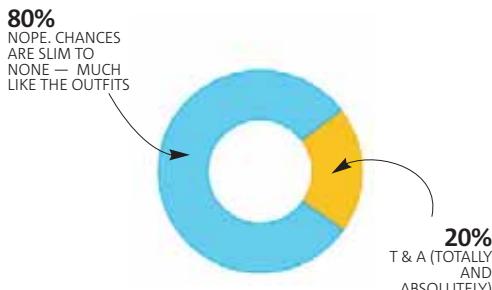


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### Would you try out for the Lingerie Football League?



### Local tweets



- **@beatty\_boop:** Why do my children sound like air raid sirens when they cry?
- **@matvail2002:** But again, with a majority of the population being in debt, no wonder why "responsibility" is a taboo word for politicians.
- **@markchats:** Me to 2-year-old son eating his supper well: "You da man!" Son: "No, I'm not the man. I'm Jack." #bestthingever
- **@aliciaaward94:** Dance bat-

### Letters

*RE: Gaga takes her case to Obama, published Sept. 28*

After reading this article I felt the same way as Lady Gaga, that bullying should be a hate crime.

Throughout life you always get people saying, "It's just a part of growing up, it builds self-esteem, they like you, just ignore it, just toughen up, just forget it."

Those are some of the things people say, but it's not that easy. There's a poster at my school I really like because it says, "Whoever said don't run from your problems never had to face a bully."

It is hard to go through life with a bully or a memory of a bully on your back.

Bullying can lead to many awful things in life. So many people don't take bullying seriously, including teachers and other adults. If a kid is bullied in school and tells a teacher and the teacher doesn't do anything about it, they're basically saying, "Go ahead, you can bully — it's OK to be mean to someone." However it's not OK. It is completely wrong and people don't know the effects it can have on a person.

**GINA VISSER, VANCOUVER B.C.**

### Cranberry Harvest



► Miguel Sandel of Middleborough, Mass., rakes cranberries into a loading tube during an afternoon harvest at the Hannula cranberry bogs in Carver, Mass., yesterday.

CHARLES KRUPA/THE ASSOCIATED PRESS

### Photo of the day

Massachusetts cranberry farmers are expecting a robust crop this fall. Researchers said that growing conditions this summer were optimal, with enough hot days interspersed with the right amount of rain.

### WEIRD NEWS

## Trekking on an 87-year-old mystery

A proposed expedition to Mount Everest later this year could solve an 87-year-old mystery: Did two British adventurers, George Mallory and Andrew Irvine, reach the top of the mountain?

Mallory and Irvine began their assault on June 6, 1924. They were last spotted around 1 p.m. on June 8, climbing an obstacle. They were, according to *Scientific American*, less

than a kilometre from the summit. And then the weather turned bad and they were never seen again.

Their disappearance has prompted many in the climbing community — and beyond — to speculate on what happened to the pair. More than a half a dozen expeditions have scaled Everest over the years to find the missing men and write the final chapter in their mysterious demise.

The tale of these two climbers has long fired the imagination of Tom Holzel, an Everest historian, climber and American businessman. He's the man behind the latest expedition, which is supposed to head out in December.

**TORSTAR NEWS SERVICE**



## Scene in brief



One for all and all for one: Athos, Porthos and Aramis were swashbuckling their way down the red carpet in London for the world premiere of *The Three Musketeers* in 3D. The trio of actors taking on the legendary characters — Matthew Macfadyen, Ray Stevenson and Luke Evans — were joined at yesterday's launch by Logan Lerman, who plays their hot-headed colleague, D'Artagnan.

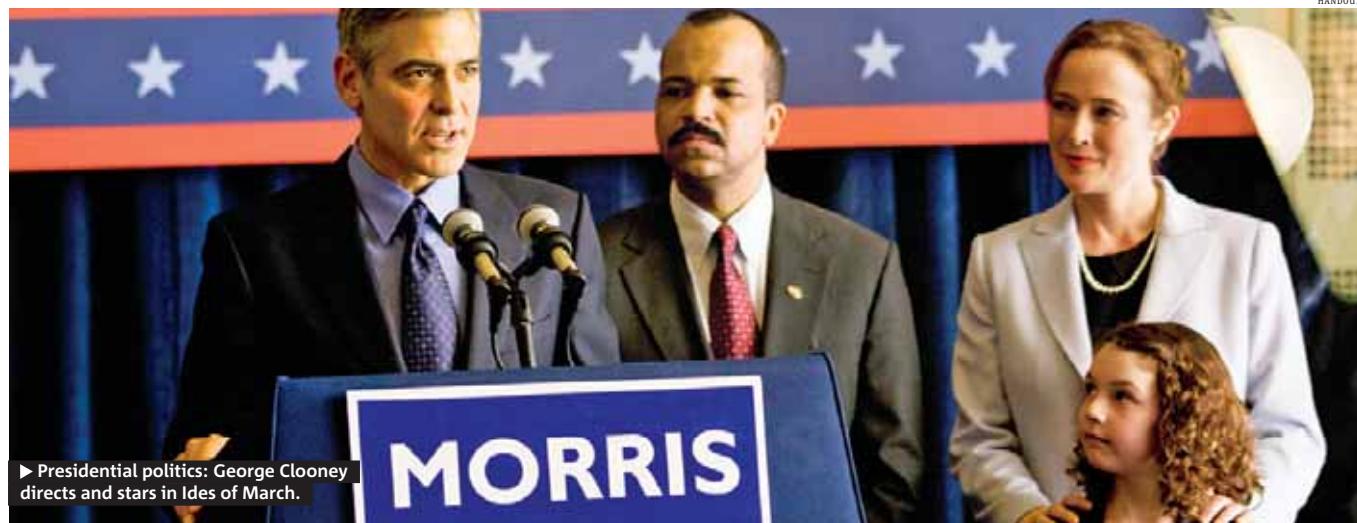
THE ASSOCIATED PRESS



Ralph Fiennes, David Cronenberg to receive career honours at London Film Festival

# Clooney waxes political

► *Ides of March* reflects cynicism of the times, says actor-turned-director ► That's 'probably good'



► Presidential politics: George Clooney directs and stars in *Ides of March*.



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METRO WORLD NEWS IN HOLLYWOOD

George Clooney's new film, *Ides of March*, takes what some might call a cynical look at the state of American politics, but that doesn't mean the director and star — ever the optimist — has given up on the system all together.

"I think it's cyclical," he says. "I think we're at a period of time where it's probably not our best moment in politics, but if you look at the things Jefferson and Adams did to each other, the 1800 election was pretty rotten and evil. Things change and are cyclical, so I'm hopeful."

The film, based on Beau Willimon's play *Farragut North*, follows an idealistic young campaign worker

(Ryan Gosling) whose work for a charismatic candidate (Clooney) during the Democratic primary opens his eyes to the underbelly of politics.

But as much as campaign signs and Beltway jargon make up the scenery of *Ides of March*, Clooney wants to make clear that this is not a political film — at least not the way he sees it.

"I thought of this as a film about moral choices, not about political strife," he says. "I thought it was a fun moral tale, and once you put it in politics it sort of amps up the problems. There isn't a person you have met that hasn't been met with moral questions. Everyone makes moral choices to better themselves and hurt others along the way, whether the

means justifies the ends."

In fact, he maintains, the political setting is actually incredibly incidental — especially considering current events. "It could have been better in Wall Street," he offers.

With acclaimed films like *Confessions of a Dangerous Mind* and *Good Night and Good Luck* on his resumé, Clooney is proving just as adept as a director as he is as an actor.

So how different is the Clooney behind the camera to the one audiences know? Not very.

"He's pretty much the same guy as George Clooney the actor," he jokes. "Basically the same height, same hair. Pretty much the same."

As for his on-camera work for the film, surely Clooney used some real-life

models in portraying a top-ranking politico, right? Not so much, he insists.

"No, there really weren't" any existing public figures used for this basis of his character, Clooney says.

"There's just so many ways to get in trouble with this answer. There were enough examples that we just picked little pieces of whatever we wanted."

But he maintains that viewers going out looking for those real-world corollaries are wasting their time. "People think it's about the John Edwards thing, but this was written before the John Edwards thing even broke," Clooney offers as an example.

It's all part of the perception problem people have with movies — especially political movies — and their place in culture,

Clooney explains.

"Films don't lead the way. In general it takes about two years to get a film made," he says.

"People think that films somehow are trying to lead society. Mostly we're reflecting the moods and thoughts that are going on in our country and around the world. If this film reflects some of the cynicism that we've seen in recent times, that's probably good. It's not a bad thing to hold a mirror up and look at some of the things we're doing. It's not a bad thing to look at how we elect our officials."

**"I thought of this as a film about moral choices, not about political strife."**

GEORGE CLOONEY



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## ORDINARY PEOPLE, EXTRAORDINARY CIRCUMSTANCES

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## IN FOCUS

RICHARD CROUSE  
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**I**f the premise of *Real Steel* sounds familiar, it's because the last time you saw it was in black and white, coming to you from the *Twilight Zone*.

"The *Twilight Zone* episode called *Steel* with Lee Marvin, written by Richard Matheson, was in the '60s," says *Real Steel* director Shawn Levy.

"It was about a robot boxing promoter, a guy who owns robots and fights them for money. From there we beefed it up."

In its original run the anthology series mixed and matched science fiction, comedy, supernatu-

ral and occult stories usually featuring ordinary people in extraordinary circumstances.

Hosted by Rod Serling, it was must see TV with a catchy theme song, which influenced thousands of writers and directors.

Three series and a movie have officially claimed the *Twilight Zone* name but dozens of other films have been either directly — or indirectly — inspired by the show.

Submitted for your approval, here is a list of movies that owe a debt to one of the greatest television shows ever.

The 1996 Kyle MacLachlan thriller *The Trigger Effect* was a reworking of a classic episode called *The Monsters Are Due on Maple Street*, which shows the effects of a power failure on a neighbourhood.

Named the best *Twilight*

Zone episode by *Time Magazine*, the show is still shown in classrooms to illustrate how lethal a mix intolerance and panic can be.

The film pays tribute to its television roots by placing its main characters at the corner of Maple and Willoughby Streets, a reference to another famous episode, *A Stop at Willoughby*.

The Cameron Diaz movie *The Box* was a remake of *Button, Button*, a story from the series' 1980 reinvention and *Child's Play*, the movie which introduced the murderous doll Chucky seems to have looked to a 1963 episode called *Living Doll* for inspiration.

Two towering artists of modern horror can count the *Twilight Zone* as seminal to their work.

The show perfected the use of the twist ending, which M. Night Shy-

malan would later incorporate into his work.

His most famous film, *The Sixth Sense* has echoes of *Occurrence at Owl Creek Bridge*, a 1964 episode about a man who is revealed to be dead.

In *Danse Macabre* Stephen King called the show "damn near immortal" and it's been hinted that his novel *Christine* (later made into a movie) was inspired by the driverless car episode *A Thing about Machines*.

**Three series and a movie have officially claimed the *Twilight Zone* name but dozens of other films have been either directly — or indirectly — inspired by the show.**



► Rod Serling pauses for a cigarette and coffee between scenes during filming of *The Twilight Zone* in 1961.

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# Back into the spotlight

► The countdown is over ► With new album **Metals**, Feist carves out a very different voice from 1234

As Feist celebrated her 35th birthday earlier this year with an intimate dinner among friends, she was momentarily distracted by the intense flickering of a television in a nearby room.

The images were bizarre — motorbikes on a stage accompanied by pyrotechnics and music. Whatever it was seemed outlandish and jarring. What, she wondered, could be the spectacle?

It wasn't until she got closer to the television that the frenetic, choreographed commotion made sense. It was the telecast of the Grammy Awards. Only three years earlier, she was

part of that scene, performing 1234, the song that would make the former indie artist a global sensation — in a different out-of-context performance. Now, watching the awards, the images she saw confirmed how surreal that experience had been — and how she just doesn't fit into that poppy, musical world.

"The Grammys, and the magnitude of that spotlight, it wasn't a place where I felt at home. Like what I do doesn't really happen there," Feist said during a recent interview as she sat on a quiet patio at her downtown Manhattan hotel. "It's such a po-



► Feist has abandoned the lighter 1234 direction and gone much darker on her new album.

tent and brief moment, and it doesn't really speak to the truth of what touring and being a musician is. It's mostly fanfare, in-

flated and very intense. I wasn't feeling very comfortable in that kind of setting."

Now that Feist is releas-

CHARLES SYKES/THE ASSOCIATED PRESS

## The album

What to expect from the album.

► New CD Musically, she veers somewhat from *The Reminder* with songs that seem weightier. There is no magically delightful song like 1234.

album has a darker tone, but still has that otherworldly, mystical quality that has made her one of music's more original voices.

"It's just heading into a much more personal and bold and more uncompromising direction, taking all kinds of risks, which I respect," says her longtime collaborator Chilly Gonzales, one of the album's producers and songwriters.

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I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
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I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
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# Kournikova is no loser

► Former tennis star defends her sub-par record ► Says a winning attitude will help Biggest Loser contestants

 MEREDITH  
ENGEL  
SCENE@METRONEWS.CA  
METRO WORLD NEWS IN NEW YORK

How do you make the 12th season of a reality show feel fresh? By bringing in some fresh judges.

Season 12 of The Biggest Loser airing on Citytv, and stepping in where Jillian Michaels left her sneakers are tennis superstar Anna Kournikova and personal trainer Dovett Quince. For Kournikova, the opportunity to coach instead of be coached was one she

didn't want to miss out on.

"I was the one that went after this opportunity," the former No. 8 player in the world says. "I've used my body as a tool my whole life on a tennis court. Instead of listening to all the information that was thrown at me, (I'm now) voicing it to the contestants and sharing it with them."

The tough-girl training style of former coach Jillian Michaels was a hit with viewers, but Kournikova isn't stressed about taking over.

FILE PHOTO/GETTY IMAGES



► Anna Kournikova is now helping Americans lose weight on the show Biggest Loser.

"I didn't feel any pressure," she says. "I didn't feel like I was replacing anyone or trying to fill in

anybody's shoes. We all have our own styles. I'm not trying to prove myself by any means. I'm just

there to do my part of the job, which is train and educate the contestants about (a) healthy lifestyle."

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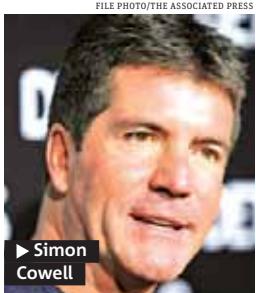
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# Cowell's ego takes a hit

► X-Factor fails to reach Simon's lofty ratings goals ► Loses out to sitcom



Simon Cowell admits he regrets saying ratings less than 20 million for the U.S. version of The X Factor would be a failure.

The show's September debut earned 12.5 million viewers, which was less than the premiere of the comedy Modern Family, the leader of the night with 14.5 million viewers.

The X Factor held those

numbers for the second episode.

In week two, ratings hovered around 12 million viewers for each of the episodes.

"I'm not going to lie. I wanted 20 million when we launched," says Cowell, "but now I'm kind of back in the real world and I'm seeing this grow naturally. I'm as happy as I've ever

been."

The show is Cowell's baby. Besides being a judge on its panel, he is its creator and an executive producer.

"We're not in Russia where you have one show. This is life. If you're competitive and it spurs you on, I kind of get excited by it."

THE ASSOCIATED PRESS

## TV watch list

### Spreading the Modern success

**TELEVISION** Modern Family is sandwiched by a pair of shows. Suburgatory pokes fun at suburban life with a surprising sweetness, while Happy Endings — airing the second episode of its second season — is a buoyant comedy that is helped by the chemistry of its cast

► Citytv, ABC

### NBC embraces new comedies

**SITCOMS** Since when did Wednesday nights become such a hotbed for comedy? Well, it might have something to do with the introduction of two winning new NBC sitcoms, Free Agents and Up All Night.

► NBC

THE CANADIAN PRESS

# Doing what you have to do in Hollywood

► Thomas Jane talks about the seedy side of life as an aspiring actor in L.A.

Hung star Thomas Jane is being remarkably frank about his early days in Hollywood, telling the L.A. Times that he used to perform sexual favours for men to get by.

"When I was a kid out here in L.A., I was homeless. I didn't have any money and I was living in my car. I wasn't averse to going down to Santa Monica Boulevard and letting a guy buy me a sandwich. Know what I mean?" he reveals. "You're a lot more open to experimentation as a young man. And for me, being a young artist and broke in Los Angeles, I was exploring my sexual identity."

In his own defense, Jane points to a long history of such work in Hollywood.

"As James Dean said, you're going to have one arm tied behind your back if you don't accept people's sexual favours." ● METRO

**"You're a lot more open to experimentation as a young man."**

THOMAS JANE



► Thomas Jane



## Seth Rogen resists having children

While he may be a happy newlywed, Seth Rogen is definitely not jumping into starting a family.

"All my friends are having kids and my sister just had a baby last year, and it makes me not want to have kids," the 50/50 star tells iVillage. "It's very nice just playing with (my sis-

ter's baby) and then as soon as it becomes difficult, you just hand it off."

As for his relationship with new wife Lauren Miller, Rogen says he's done a lot of growing up.

"I'd like to say that she taught me how to tidy up, but that's been the exact opposite." ● METRO

## Talking points

### Pattinson says Twilight felt anti-climatic

**SOUNDS LIKE A JEALOUSY ISSUE.** With filming on the Twilight films behind him, Robert Pattinson admits he's a bit disappointed with how it all ended, according to Hollyscoop.

When Pattinson and Kristen Stewart filmed their final scene, there was still another day of filming left for the crew, he explains.

"The wolves actually wrapped the whole movie, so our bit was such an anti-climax because it was the end of a week of night shoots," Pattinson says. "But they had the last ever day the next day. So when it was our last bit, no one clapped or anything." ● METRO

### Wilde still not over divorce from Ruspoli

**SELF MEDICATING.** Olivia Wilde's divorce from Italian Prince Tao Ruspoli was finalized late last week, according to Us Weekly.

The pair, who wed when the actress was 19 years old, filed for divorce in March after eight years of marriage.

While the exes have remained on good terms, the process still hasn't been easy.

"I got a divorce and self-medicated with food," Wilde told Nylon magazine in July. "But I figure that's better than self-med-

## Celebrity tweets



"Definitely did not get up in the middle and "walk out of interview" contrary to headline on cnnsi.com. Answered last question and left." ● @andyroddick



"The Kardashians = the Gabors! I knew I'd seen this movie before!" ● @BetteMidler



"Did you hear about the blonde lesbian? She keeps having sex with MEN!!" ● @JennyMcCarthy



"Ah, autumn in LA, when the stagehands spray the leaves such pretty colors." ● @conanobrien

inating with crack cocaine." ● METRO

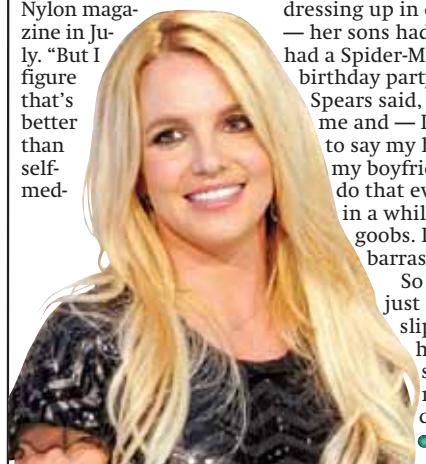
### Spears lets an engagement hint slip?

**AND PEOPLE ASK 'WHY SHOULD WE STILL CARE'?** Maybe all of the engagement rumors about her and Jason Trawick have been sinking in with Britney Spears, as the singer flubbed when referring to her boyfriend during a recent radio interview in the U.K.

When asked about dressing up in costumes — her sons had recently had a Spider-Man-themed birthday party —

Spears said, "Actually me and — I was going to say my husband — my boyfriend, we do that every once in a while. We're goobs. I'm so embarrassed."

So was it just a Freudian slip or a hint at some big news to come? ● METRO



# A dream come true

► Cruising on the Disney Dream ship a real treat for this Metro writer's little princess

 **RUTH  
ESTWICK**  
LIFE@METRONEWS.CA

When my four-year-old daughter Riley and I arrived at the Disney Dream's home port in Port Canaveral, Fla., we knew we were in for the vacation of a lifetime. In fact, Riley was convinced we were setting sail for Never Land!

In reality, we were boarding the newest vessel in the Disney Cruise line collection and setting sail for a two-day adventure to Disney's private island in the Bahamas; Castaway Cay.

The Disney Dream is the third ship in the Disney Cruise Line fleet.

Once aboard, we understood quickly why they named this classic ocean liner the Disney Dream. The name says it all: a breathtaking Grand Atrium, elegance and luxury on each deck, silhouetted by Disney character detail at every turn. The staterooms, waterslides, restaurants, kids clubs and stage shows were classic Disney imagineering. We stayed in a spacious, Deluxe Oceanview Stateroom with veranda. Roomy enough to sleep four, this stateroom boasted a queen-size bed with below-bed storage, convertible sofa, split bath and private balcony.

Cruising is all about great food and we dined like Disney Princesses, as Riley would say.

The rotational dining ap-

world including Riley's favourite fish, pan-seared sea bass.

The Animator's Palate, the main dining room, was like being inside a Disney animation studio. The walls were adorned with tools of the trade, the interior magically transformed into a live under-sea, interactive adventure with Crush the Turtle from Finding Nemo. And Crush got personal, dude. He would swim from tank to tank asking questions of the diners that generated some gnarly laughs. There were also many casual dining options on board.

Riley and I have so many Disney Dream memories including the spectacular Pirates of the Caribbean Show, a pirate-themed deck party that included pre-show games hosted by swashbuckling scallywags. The pirate show was so realistic that Riley was convinced we had entered Never Land and were captured by Captain Hook. Following the show, Buccaneer Blast, a musically synced fireworks show lit up the night sky. Another of Riley's favourite memories? The Oceaneer's Club, an activity centre for kids

aged three to 10. This supervised play centre is home to Disney-style imaginative worlds. And while the little buccaneers are at play, there is a lot to do for the adults. The District is an adults-only entertainment area, complete with lounges and nightclubs.

Riley and I landed back home with a trunkful of memories. My most cherished? My little girl cuddling up to me midship in an oversized golden throne on our final day and whispering that her favourite part of this magical journey was spending time with me.



► The Disney Dream is a 'dream' for kids, but also has plenty to keep adults happy, such as lounges, nightclubs and fine dining.



► Ruth and Riley

proach allowed us to enjoy a different restaurant every night. The restaurants are themed — which Riley loved. The Enchanted Garden boasts a garden-inspired decor with a menu that allows you to select choices from around the

# 3

life

## Travel in brief



With a little research and planning, family trips can be fun-filled and hassle-free.

Plan Ahead: Use the Internet, travel guides and personal recommendations to research attractions, book a hotel or reserve tickets.

Frequent Stops: For long road trips schedule regular stops along the way.

Double Check: Before you depart ensure the entire family has everything they need.

### NEWS CANADA



New Canadian art pavilion in Montreal reflects bustling cultural scene.

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## My favourite spot in Canada

## JONATHAN SCOTT: ST. JOHN'S N.L.

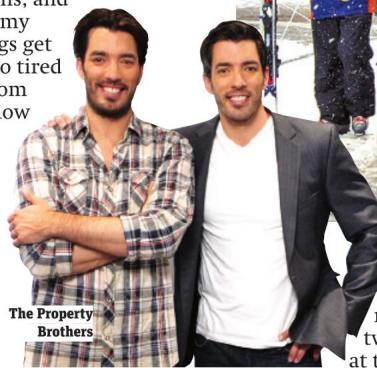
St. John's because it's the perfect blend of old and new, where city meets nature. The rugged landscapes and the friendly locals invite you into what is one of North America's oldest cities. A city full of adventurous tales and legends. They also play host to one of the best festivals I have ever attended...The George Street Festival. It is an incredible party that spans several city blocks and includes over 20 pubs within the historic district of St. John's. An unforgettable experience that I have had the pleasure of enjoying several times and know I will take pleasure in again.



TORSTAR NEWS SERVICE

## DREW SCOTT: WHISTLER, B.C.

Being a Vancouver Boy, Whistler is one of my favourite spots in Canada as it's an outdoor wonderland. In less than 3.5 hours you can be outside in the summer hiking the trails, mountain biking through the paths, or canoeing on The River of Golden Dreams. For winter fun you'll find me on the ski hills, and if my legs get too tired from snow



The Property Brothers



boarding I'll try to take in a movie or two at the Whistler Film Festival. All-new episodes of *Property Brothers* begin with the Season 2 premiere tomorrow at 9 p.m. ET/PT on W Network.

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Travel Oct 11 - Oct 19/11 + taxes & fees \$450**Varadero**  
Travel Oct 27 - Nov 3/11 + taxes & fees \$290**Vancouver**  
Travel Oct 10/11 + taxes & fees \$81**Fort McMurray**  
Travel Oct 19/11 + taxes & fees \$91**Miami**  
Travel Oct 18 - Nov 1/11 + taxes & fees \$122**St Maarten**  
Travel Nov 11 - Nov 18/11 + taxes & fees \$321**New York**  
Travel Oct 18 - Nov 1/11 + taxes & fees \$126**Honduras Christmas**  
Travel Dec 19 - Dec 26/11 + taxes & fees \$290**Bangkok**  
Travel Oct 18 - Nov 2/11 + taxes & fees \$482

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3 Nights 4-Star  
**\$169\***

Westin Harbour Castle taxes &amp; fees included

**INCLUDES** central accom near the waterfront.  
**BONUS** Hockey Hall of Fame passes included. Price per person based on family of 4. Departs Oct 6-24/ggv.**New England Fall Colours**

Air + Car taxes &amp; fees \$295

**INCLUDES** roundtrip airfare from Montreal to Boston and 7-day car rental. Departs Oct 18/ggv/dl.**Las Vegas**

Air + 3 Nights + Cirque du Soleil taxes &amp; fees \$439

**INCLUDES** accom on the Strip. **BONUS** tickets to select Las Vegas shows included. Departs Nov 14/ggv/dl.

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## Florida

**Orlando Family Special**  
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Champions World Resort taxes &amp; fees \$292

**INCLUDES** roundtrip airfare from Montreal and accom near theme parks. Price per person based on family of 4. Departs Oct 29/ggv/ts. **ADD** 5-day Walt Disney World Resort Magic Your Way Base Ticket for \$271/adult, \$251/child (ages 3-9).**Orlando Long Stay, Air + 21 Nights**

Champions World Resort taxes &amp; fees \$292

**INCLUDES** accom near theme parks. Departs Nov 4/ggv/ts. **ADD** 21-day economy car rental for \$14 per day.**Miami Air + 3 Nights**

Marco Polo Beach Resort taxes &amp; fees \$138

**INCLUDES** resort-style accom along Miami Beach. Departs Oct 10, 17, 22/ggv/dl. **ADD** Everglades airboat for \$68.**Fort Lauderdale Air + 7 Nights**

Ocean Sky Hotel and Resort taxes &amp; fees \$192

**INCLUDES** accom at a beachfront location with an oceanfront swimming pool. Departs Nov 15/ws/ws. **UPGRADE** to 4-star Il Lugano Hotel for \$47 per night.**Florida Keys Air + 4 Nights + Car**

Ocean Pointe Suites taxes &amp; fees \$123

**INCLUDES** airfare to Miami, beachfront resort-style accom in Key Largo and 4-day car rental. Departs Nov 14/ggv/dl.

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# Harvest sweets

► **Pumpkin & cranberries are ideal ingredients for fall desserts** ► Try these Pecan Pumpkin Gingerbread Whoopie Pies and Pumpkin Sticky Toffee Puddings

Which came first, the cupcake or the macaron? Or did pie beat them in the race to be the trendy treat of the moment?

Maybe it doesn't matter. Because the hot sweet 'now' is the whoopie pie: Delicious oversized cake-like cookies sandwiching a fluffy, sugary filling.

While chocolate cookies with vanilla frosting are traditional, whoopie pies come in just as many wild flavour combinations as cupcakes, macarons and pies.

For a fall whoopie pie,

there's no better place to look than to three favourite cold-weather flavours — gingerbread, pumpkin and pecan pie. Gingerbread lends itself perfectly to the shell of a whoopie pie. It is, after all, still cake.

And pumpkin marries so beautifully with the spices of gingerbread that it couldn't be left out.

But for the filling, you want to get away from traditional fluffy vanilla frosting. So this recipe opts for a praline cream cheese filling and edges rolled in

toasted chopped pecans for a treat that's reminiscent of a creamy pecan pie.

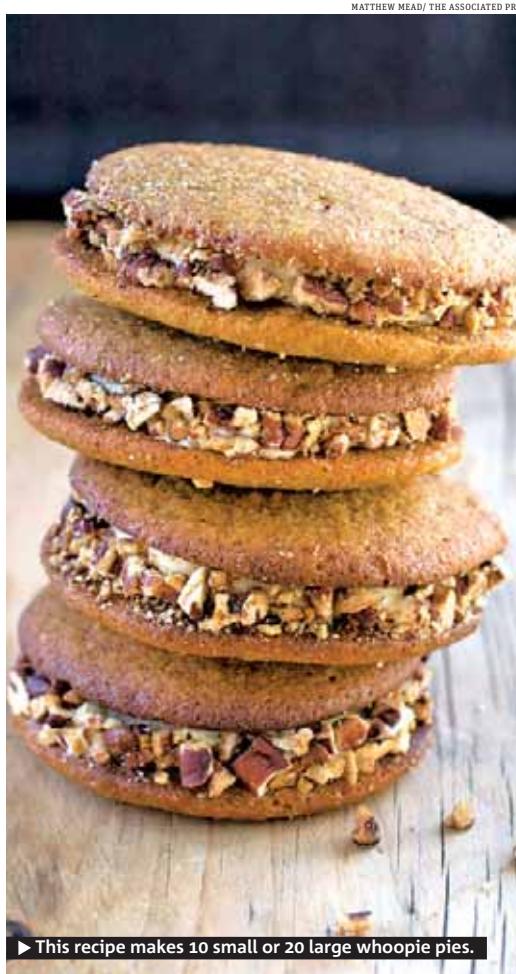
## Preparation:

**1** Heat your oven to 180 C (350 F). Line 2 large baking sheets with parchment paper.

**2** In a medium bowl, sift the flour, baking powder, baking soda, salt, cinnamon, ground ginger, cloves and allspice. Set aside.

**3** In the bowl of an electric mixer, beat butter, oil, brown sugar, molasses and vanilla. Add orange zest, candied ginger and eggs, beat to combine. Beat in pumpkin puree. Stir in flour mixture until it is thoroughly mixed.

**4** Drop the dough in mounds (50 ml/1/4 cup for large or 30 ml/2 tbsp for small) onto the prepared baking sheets, leaving several centimetres/inches between each one for spreading. You should be able to make 20 or 40 cakes, depending on whether you want small or large whoopie pies. Bake the pies for 15 to 20 minutes



► This recipe makes 10 small or 20 large whoopie pies.

or until cakes feel slightly firm to the touch. Let them fully cool before filling.

**5** Filling: In the bowl of an electric mixer, beat together the cream cheese, Fluff, butter, brown sugar and vanilla until smooth. Drop a large spoonful onto flat

the side of half of the cakes. Use a second cake to top each, pressing flat sides together.

**6** Place pecans in a large, wide bowl, then roll edge of each whoopie pie in pecans to coat. Refrigerate in an airtight container.

THE ASSOCIATED PRESS

## Ingredients:

### Cakes

- 550 ml (2 1/4 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 5 ml (1 tsp) salt
- 5 ml (1 tsp) cinnamon
- 10 ml (2 tsp) ground ginger
- 2 ml (1/2 tsp) ground cloves
- 2 ml (1/2 tsp) ground all-spice
- 125 ml (1/2 cup or 1 stick) unsalted butter, room temperature
- 125 ml (1/2 cup) vegetable oil
- 500 ml (2 cups) packed

### dark brown sugar

- 45 ml (3 tbsp) molasses
- 5 ml (1 tsp) vanilla extract
- Zest of 1 orange
- 30 ml (2 tbsp) minced candied ginger
- 2 eggs
- 1 can (398 ml/14 oz) pumpkin puree

### Filling

- 2 pkgs (each 250 g/8 oz) cream cheese
- 250 ml (1 cup) Marshmallow Fluff
- 125 ml (1/2 cup or 1 stick) unsalted butter, room temp
- 125 ml (1/2 cup) packed brown sugar
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) toasted chopped pecans

## Pumpkin Sticky Toffee Puddings With Cranberry Caramel

"Who doesn't love a warm, ooey-gooey, delicious au-

tumn-spiced toffee pudding that's got the caramel sauce with cranberries? The tart of the cranberries and the sweetness of the caramel, warm with all those autumn spices

throughout that cake is delicious," chef Lynn Crawford says enthusiastically of her creation.

## Preparation:

**1** Preheat oven to 200 C (400 F). Spray muffin pan with non-stick cooking spray.

**2** Puddings: In bowl, whisk flour, baking powder, baking soda, spices and salt. In a separate bowl, whisk butter, brown sugar, pumpkin puree, buttermilk, eggs and vanilla. Add to dry ingredients and stir until combined. Divide batter among muffin cups. Bake until tester comes out clean, about 20 min-

utes. Let cool in pan before turning out.

**3** Sauce: In saucepan, cook sugar over medium-low heat, stirring until melted. Cook caramel, gently swirling pan, until deep golden.

## Ingredients:

### Puddings

- 500 ml (2 cups) all-purpose flour
- 10 ml (2 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 5 ml (1 tsp) cinnamon
- 3 ml (3/4 tsp) ground ginger
- 0.5 ml (1/8 tsp) ground all-spice
- 0.5 ml (1/8 tsp) ground cloves
- 2 ml (1/2 tsp) salt
- 125 ml (1/2 cup) unsalted butter, melted and cooled
- 175 ml (3/4 cup) packed light brown sugar
- 175 ml (3/4 cup) canned pumpkin puree
- 50 ml (1/4 cup) buttermilk
- 2 large eggs
- 5 ml (1 tsp) vanilla extract
- 125 ml (1/2 cup) dried cranberries

Remove from heat and carefully add cream and butter. Return to heat and simmer, stirring, until caramel is dissolved. Remove from heat and stir in dried cranberries.

**4** To serve, slice puddings horizontally in half. Pour cranberry caramel sauce between layers. Top with a large spoonful of whipped cream and a sprinkle of cranberries.

THE CANADIAN PRESS/ LYNN CRAWFORD

### Cranberry Caramel Sauce

- 250 ml (1 cup) sugar
- 45 ml (3 tbsp) heavy cream
- 45 ml (3 tbsp) unsalted butter
- 45 ml (3 tbsp) dried cranberries
- 250 ml (1 cup) whipped cream
- 50 ml (1/4 cup) dried cranberries



## Drink of the week

### Key Lime Smoothie

Treat yourself to a taste of the tropics with this smoothie. Featuring heart-healthy walnuts and chock-full of omega-3s and fibre-rich avocado, this breakfast replacement will give you the fuel you need.

- 1/2 avocado
- 1/2 small banana
- 175 ml (3/4 cup) cold water
- 75 ml (1/3 cup) walnuts, chopped into halves or crumbs
- 75 ml (1/3 cup) low-fat coconut milk
- 30 ml (2 tbsp) honey
- Juice of 1 fresh lime

In a blender or using a hand blender, combine all ingredients and process until smooth, about 1 min.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO



# 18 minutes to a better me

ISTOCK IMAGES

► In his new book, author Peter Bregman explains how to avoid the 'golden ring of procrastination,' find your focus and get things done — in only 18 minutes a day

 **MEREDITH ENGEL**  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN NEW YORK

Many of us have had days when 5 p.m. rolls around and we have little to show for it.

In his new book, 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done, management consultant Peter Bregman teaches that it's not about tackling everything on our plate — it's about choosing what to put our energy into.

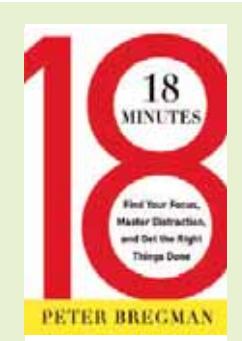
"We love to procrastinate, and distraction is the golden ring of procrastination because we think we are getting things done," he says.

"We are answering 40 emails and we think we have been incredibly productive until we stop and say, 'Did I really need to answer all of those emails?' In a world that will take what it can from us, we need to be more strategic than ever about what we want to give it."

His 18-minute plan can help you figure out how to best manage your workday.

**Take five minutes in the morning:**

"The five minutes in the morning is to get centred and ask yourself, 'What is it that I most want to accomplish today?' I transfer those things onto my calendar.



**In a world that will take what it can from us, we need to be more strategic than ever about what we want to give it."**

PETER BREGMAN,  
MANAGEMENT CONSULTANT



► It only takes minutes a day to better manage your workday.

There is a tremendous amount of evidence that points to the fact that if you decide when and where you are going to do something, you'll do it. If you just say, 'I am going to do it sometime today,' you won't end up doing it. So there I am really deciding what I want to get done and where I am going to do it."

**Take one minute every hour:**  
"Every hour I stop for one

minute and ask myself two questions: 'Am I spending my time in the right way right now?' And: 'Am I being who I most want to be right now?'

"Those two questions end up being this fantastic productive interruption. Those questions will bring

me back to 'What is that I am trying to accomplish for the day?'

**Take five minutes at the end of the day:**

"At the end of the day I spend five minutes and ask myself, 'What did I learn from today? What

worked, what didn't work?'

"Then also, who I want to ask a question to, who I want to update, who I want to thank for something they did to me. I think of these as my learning minutes and my gratitude minutes."

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# Enhance your degree with co-op experience

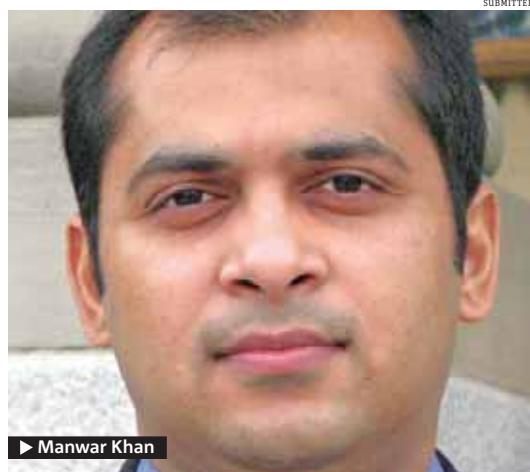
## STUDENT VOICE

MANWAR KHAN  
TALENTEGG.CA

I graduated from the University of Lethbridge with a BSc in computer science. The IT job market is a dog-eat-dog world and I always knew that a simple BSc degree would not be enough to get my foot in the door, which is why I decided to enhance my degree with co-op experience.

A university education teaches you theory, whereas a co-op lets you apply those theories to the real world. I contacted the U of L career centre, researched potential employers and applied to the positions that appealed to me.

I completed a 12-month co-op work term with the Government of Alberta as a project assistant for the Ministry of Employment



► Manwar Khan

and Immigration.

Throughout my work term, I was pleasantly surprised with the challenging work and the level of responsibility I was given. My colleagues valued the work I did and my supervisor always encouraged me to take advantage of any learning opportunities.

This co-op experience added significant value to my university studies and gave me a head start in my career. A co-op work-term often serves as a "test drive" for both employers and students to evaluate if they're suitable for employment upon graduation.

My advice to fellow students and recent graduates is to look for a position that offers you an opportunity for learning and advancement. Research the employer so you are able to articulate what you can bring to the table and

what you hope to achieve from the experience.

My advice to schools and career centres is to increase awareness of co-op.

### Where I am now

During my last semester, I received a job offer from a major energy company as an IT analyst.

But that was not my dream job. Ever since my co-op work term with the Government of Alberta, I've wanted to work in the public sector. So when the Ministry of Employment and Immigration office offered me a position as a business analyst a year later, I seized the opportunity. I provide consulting and project leadership services in order to meet business needs.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

### What I learned

- Research employers to find out which ones offer what you're looking for, whether it's training, mentorship, lots of responsibility — or all of the above.
- Test drive employers during co-op terms and internships to see if you like them (and if they like you).
- Try to work in a variety of industries and organizations to find out what kind of work you enjoy doing.

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## 'KITCHEN SINK' APPROACH TO CONTRACTS CAN FAIL

### WORKPLACE LAW

DANIEL LUBLIN  
DAN@CANADA  
EMPLOYMENTLAWYER.COM  
TWITTER: @DANLUBLIN

This is the tale of two recent appeal cases, which together confirm my "Kitchen Sink"

theory on employment contracts. That is, employers often bargain for excessive protection, no matter how junior or administrative the employee. However, in seeking such protection, they sometimes get none at all.

In 1992, Tom Mason signed an employment contract with his employer Chem-Trend Ltd., which contained a non-compete clause preventing him from dealing with its customers for one year after he left the company.

Mason did not hear about the contract again until 17 years later when he was suddenly fired.

When Mason learned that companies were hesitant to offer him jobs, fearful they could be sued due to his non-compete clause, he went to court to ask that it be declared invalid.

An Ontario judge concluded that the clause was clear and that Mason was bound by what he signed.

Employers collectively



► Just sign here?  
Not quite. Understanding employment contracts is the first step for achieving a fair two-way deal.

sighed in relief since most court cases strike down these clauses based on the courts' interpretation of what is fair, and not what the contract actually states.

Mason appealed and that is exactly what the Ontario Court of Appeal found. Chem-Trend's contract was drafted in a manner that was unfair to Mason and consequently, it was invalid.

Similarly, the Alberta Court of Appeal recently refused to enforce the non-compete clauses in the em-

ployment contracts of three traders at the foreign exchange firm Globex.

What is important about this case is not the fact that the contracts were struck down but the Court's ruling that an employee who is wrongfully dismissed should be relieved from complying with post-employment restrictions, such as a non-compete or non-solicit clause regardless of how they are drafted.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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# Rays' autumn luck expires

► Tampa Bay's Cinderella season fizzles ► Beltre carries Rangers with historic day at the dish



This is what Adrian Beltre envisioned when he signed with Texas in the off-season. Balls jumping off his bat in October, the Rangers making another run for the pennant.

Beltre hit three straight home runs and the defending AL champions advanced again, beating the Tampa Bay Rays 4-3 in Game 4 yesterday to win their playoff matchup.

Beltre put on a show that few others have matched, helping Texas take the best-of-five series and ending the Rays' remarkable run to the wild-card spot. Tampa Bay overcame a nine-game deficit against the Boston Red Sox in the wild-card standings in September.

"From my point of view, Texas gave me the best chance to put a ring on my finger," Beltre said. "And I am just two steps away from it. Hopefully that happens."

Ian Kinsler led off the



game for Texas by homering on the second pitch from rookie Jeremy Hellickson.

Beltre came into the game in a 1-for-11 slump before breaking loose for maybe his best day as a pro.

"I think besides my first big league hit, this is right up there," said the slugger, who spent last season with the Red Sox.

Beltre became just the seventh player to homer three times in a post-season game, and the first since Adam Kennedy of the An-

**5**  
Texas won for the fifth straight time in the playoffs at Tropicana Field. The Rangers eliminated Tampa Bay in five games last year, winning three times in the Rays' stadium.

gels in 2002.

Beltre connected in his first three at-bats. Given a chance to tie the big-league record of four homers in a

## National League

Pinch-hitter Ben Francisco broke open a scoreless game with a three-run homer in the seventh inning and closer Ryan Madson earned the save as the Philadelphia Phillies beat the St. Louis Cardinals 3-2 last night for a 2-1 lead in their NL playoff series.

game, he hit a routine fly-out in the eighth.

Neftali Feliz gave up a run in the ninth inning be-

fore closing for his third save of the series, preserving the victory for Matt Harrison.

Beltre hit solo shots off Hellickson in the second and fourth innings, and added another solo drive against Matt Moore in the seventh.

Sean Rodriguez scored all three runs for the Rays. He drew a one-out walk and scored on Casey Kotchman's single in the ninth, but Feliz retired the next two batters.

THE ASSOCIATED PRESS



## Quoted



**"We were not able to make the progress that we hoped we could make and we were not able to continue the negotiations"**

NBA COMMISSIONER DAVID STERN YESTERDAY AFTER NEARLY FOUR HOURS OF TALKS BETWEEN OWNERS AND PLAYERS ENDED WITHOUT GAINING GROUND ON A NEW DEAL. THE NBA CANCELLED THE REMAINDER OF THE PRE-SEASON YESTERDAY AND WILL WIPE OUT THE FIRST TWO WEEKS OF THE REGULAR SEASON IF THERE IS NO LABOUR AGREEMENT BY MONDAY.

## Filatov's upside too much for Sens to resist

### THE HOCKEY NEWS

MURRAY PAM  
OTTAWA@METRONEWS.CA

On the second day of the 2011 NHL draft, Bryan Murray drew some guffaws from the draft table floor. The Senators GM had just traded his third-round selection to Columbus for the enigmatic Nikita Filatov, a once highly touted Russian prospect who had fall-

en from grace and who many thought was bound to play this season in the KHL.

The question is, will Murray have the last laugh?

For his part, the 21-year-old Filatov is elated to be in Ottawa knowing this is a good opportunity — and possibly his last — to shine in the NHL. The sixth overall pick in 2004, Filatov has had a checkered start to his professional career. He has only appeared in 44 NHL games, netting a mere six goals, three of which came in one game. He had a rocky relation-

ship with former Blue Jackets' coach Ken Hitchcock, who felt the youngster lacked commitment to team defence, and Filatov spent a good chunk of last season in the American Hockey League.

So, as the 2011-12 season is about to launch, why should Sens fans think anything will be different in Ottawa? It might not, but in the bigger picture, this is a move that comes with very little risk.

Filatov is in the final year of a two-way contract that pays him nearly \$2.2 million at the NHL level and \$65,000 if he's sent to

the minors. If he can approach the level of play that made him such a highly regarded pick — 20 goals and 45 points over a full season would be respectable — Murray will be anointed a genius. At worst, Ottawa discarded a third-round pick in a draft where the club had accumulated a league-high 12 selections.

In pre-season, Filatov had mixed results. He displayed great hands and vision, picked up three assists and showed he is elusive in traffic and can stickhandle his way out of a phone booth. On the

downside, he failed to score, something he'll have to do with regularity to help an offence-challenged club and be viewed as a valued contributor.

We know he has the tools. He was the No. 1-ranked European junior in 2008 and was selected ahead of talents Tyler Myers, Jordan Eberle, Tyler Ennis and the Senators' Erik Karlsson.

As it stands, Filatov will open the season on the left or right side of Jason Spezza. Regardless, he'll be in a position to succeed. Sens fans and the organization hope he'll seize it.



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## MAJOR LEAGUE BASEBALL PLAYOFFS

## DIVISION SERIES

All times Eastern  
(Best-of-5 series)

## AMERICAN LEAGUE

## N.Y. YANKEES (E) VS. DETROIT (C)

(Detroit leads 2-1)

Last night's result

N.Y. Yankees at Detroit

Monday's result

Detroit's 5 N.Y. Yankees 4

Tomorrow's game

x-Detroit at N.Y. Yankees, 8:07 p.m.

## TEXAS (W) VS. TAMPA BAY (WC)

(Texas wins 3-1)

Yesterday's game

Texas 4 Tampa Bay 3

Monday's result

Detroit's 5 N.Y. Yankees 4

Tomorrow's game

x-Detroit at N.Y. Yankees, 8:07 p.m.

## NATIONAL LEAGUE

## PHILADELPHIA (E) VS. ST. LOUIS (WC)

(Philadelphia leads 2-1)

Yesterday's result

Philadelphia 3 St. Louis 2

Sunday's result

St. Louis 5 Philadelphia 4

Tonight's game

Philadelphia (Oswalt 9-10) at St. Louis (Jackson 12-9), 6:07 or 8:07 p.m.

Friday's game

x-St. Louis at Philadelphia, 5:07 or 8:07 p.m.

## MILWAUKEE (C) VS. ARIZONA (W)

(Milwaukee leads 2-0)

Last night's result

Milwaukee at Arizona

Tonight's game

x-Milwaukee (Wolf 13-10) at Arizona (Saunders 12-13), 8:07 or 9:37 p.m.

Friday's game

x-Arizona at Milwaukee, 5:07 or 8:07 p.m.

x — if necessary.

## NHL

## PRE-SEASON

Yesterday's results

At Helsinki

Anaheim 4 Jokerit 3 (OT)

At Mannheim, Germany

Buffalo 8 Adler Mannheim 3

At Hamburg, Germany

Los Angeles 5 Hamburg 4

Monday's result

At Zug, Switzerland

EV Zug 8 N.Y. Rangers 4

## REGULAR SEASON

Tomorrow's games

All times Eastern

Philadelphia at Boston, 7 p.m.

Montreal at Toronto, 7 p.m.

Pittsburgh at Vancouver, 10 p.m.

Friday's games

Anaheim vs. Buffalo at Helsinki, Finland, 1 p.m.

N.Y. Rangers vs. Los Angeles at Stockholm, Sweden, 1 p.m.

Tampa Bay at Carolina, 7 p.m.

Ottawa at Detroit, 7 p.m.

Nashville at Columbus, 7 p.m.

Chicago at Dallas, 8:30 p.m.

## RANGERS 4, RAYS 3

	ab	r	h	b1	Tampa Bay	ab	r	h	b1
Kinsler 2b	4	1	1	1	Jennings lf	4	0	1	0
Andrus ss	3	0	0	0	Büttner cf	4	0	0	0
JHmltn c-f	4	0	0	0	Longoni 3b	4	0	1	0
MIYong dh	3	0	0	0	Zobrist 2b	4	0	1	0
ABeltr 3b	4	3	3	3	Damon dh	4	0	0	0
Napoli c	4	0	1	0	Shopp c	3	0	1	0
N.Cruz rf	4	0	0	0	Fuld ph	1	0	0	0
DvMlp lf	3	0	1	0	SRdrg ss	2	3	1	0
Gentry pr-cf	0	0	0	0	Ktchn 1b	4	0	2	0
Morlnd 1b	3	0	0	0	E.Jhnsn pr	0	0	0	0
Joyce rf	4	0	1	1					
Totals	32	4	6	4	Totals	34	3	7	3
Texas		110	100	100	Texas		110	100	100
Tampa Bay		010	100	001	Tampa Bay		010	100	001

IP H R ER BB SO

Tex	M.Harrison W,1-0	5	5	2	2	9
D.Holland H,1	11-3	1	0	0	0	0
M.Adams H,3	2-3	0	0	0	0	1
Ogando H,3	1	0	0	0	0	1
Feilz S,3-3	1	1	1	1	1	1

Tampa Bay

Tex	Hellackson L,0-1	4	4	3	3	1	1
M.Moore	3	1	1	1	1	2	2
Jo.Peralta	2-3	0	0	0	0	2	0
W.Davis	11-3	1	0	0	1	1	1

Umpires—Home, Greg Gibson; First, Brian

Gorman; Second, Marvin Hudson; Third, Mark

Carlson; Right, Dale Scott; Left, Kerwin Dan-

ley.

T-3:05. A—28,299 (34,078).

## PHILLIES 3, CARDINALS 2

Philadelphia	ab	r	h	b1	St. Louis	ab	r	h	b1
Rollins ss	4	0	2	0	Furcal ss	5	0	1	0
Uteb 2b	3	1	0	0	Craig lf	3	1	0	0
Pence rf	3	0	0	0	Pujols 1b	5	1	4	0
Howard 1b	4	0	0	0	Brkrmn rf	4	0	0	0
Victor cf	4	1	0	0	Freese 3b	5	0	1	1
Mayrly lf	4	0	0	0	YMLin c	5	0	1	1
Polanc 3b	4	0	1	0	Lohse pr	0	0	0	0
Ruiz c	3	1	0	0	Theriot 2b	5	0	4	0
Hamels p	2	0	0	0	Jay cf	1	0	0	0
BFrncs ph	1	1	1	3	Punto ph	1	0	0	0
Worley p	0	0	0	0	Schmier cf	0	0	0	0
Bastardo H,1	1-3	0	0	0	J.Garcia p	3	0	0	0
Lidge p	0	2	0	0	Salas p	0	0	0	0
Madsen S,1-1	12-3	2	1	1	0	0	0	0	0

St. Louis

St. Louis	ab	r	h	b1	Philadelphia	ab	r	h	b1
J.Garcia L,0-1	7	6	3	3	2	3	2	3	3
Salas	1	0	0	0	0	0	0	0	0
Motte p	1	1	0	0	0	1	1	0	0

Totals

34 3 7 3

Totals

38 2 12 2

Philadelphia

	000	000	300	3
T.Saints		000	000	101

St. Louis

	000	000	101	2
D.P.		000	000	101

Philadelphia—Philadelphia 6, St.

Louis 14. 2B—Rollins (3), Pujols (3), HR—

B.Francisco (1), SB—Rollins (2), Pujols (1),

Berkman (1), Theriot (1).

Philadelphia at Vancouver, 9:30 p.m.

Salt Lake at Vancouver, 9:30 p.m.

Saturday's games

San Jose at New England, 7:30 p.m.

Philadelphia at Seattle FC, 10 p.m.

Wednesday, Oct. 12

FC Dallas at Chicago, 8:30 p.m.

D.C. United at Vancouver, 10 p.m.

Friday, Oct. 14

Houston at Portland, 10:30 p.m.

Real Salt Lake at Colorado, 10:30 p.m.

Saturday, Oct. 15

New York at Sporting Kansas City, 4 p.m.

Toronto FC at Philadelphia, 4 p.m.

Columbus at New England, 7:30 p.m.

Chicago at D.C. United, 7:30 p.m.

Vancouver at FC Dallas, 8:30 p.m.

San Jose at Seattle FC, 10:30 p.m.

Monday, Oct. 10

Chivas USA at Los Angeles, 9 p.m.

T-3:13. A—46,914 (43,975).

## CFL

## EAST DIVISION

## WEST DIVISION

## NFC

## AMERICAN CONFERENCE

## EAST

## NFL

## AMERICAN CONFERENCE

## SOUTH

## NFL

## NATIONAL CONFERENCE

## EAST

## NATIONAL CONFERENCE

## WEST

## NATIONAL CONFERENCE



► The new Yaris might have less of a wow factor than cars such as the new Hyundai Accent, but the Yaris's style is practically without flaw. Others have developed more modern powertrains, however, which seems out of step for Toyota, which is normally seen as the natural leader.

# Toyota's old dog still barks

 **MALCOLM GUNN**  
DRIVE@METRONEWS.CA  
WHEELBASE MEDIA

It used to be that picking a small car was pretty easy: there just weren't that many candidates, plain and simple.

Now it's like trying to pick a puppy from the pound.

There are plenty of cute choices with all kinds of bark and sass, and more

keep arriving every day it seems.

In that respect, the Yaris was more of an old dog than a young pup, but the upgrades for the 2012 model year at least keep it fresh enough to belong with newcomers such as the Mazda2, Hyundai Accent, Chevy Sonic and Ford Fiesta.

The first-generation Yaris that lasted for five model years wasn't the

## Toyota Yaris

What you should know about the 2012 Toyota Yaris:

► **Types:** Two- / four-door, front-wheel-drive sub-com-

liveliest runner on the track, but a roomy interior and low price kept it on the front burner. As well, the tiny Toyota could be

pact hatchback.

- **Engine (hp):** 1.5-litre DOHC I4 (106).
- **Transmission:** Five-speed manual; four-speed automatic (opt.).
- **Mileage:** 7.0 l/100 km city, 5.7 highway (automatic).

had in two or four-door hatchback body styles, as well as a four-door sedan.

There's no word if a trunk-equipped Yaris will

again be built, but both hatchbacks return in slightly enlarged formats.

The upgraded, crisper-looking Yaris will remain among the more popular small-car picks, even as the entire category adds variety at a steady clip.

Indeed the pound is getting bigger and the new pups are getting everyone's attention, but at least the Yaris now has enough bark to be noticed.

# 5

drive

## By comparison

### Ford Fiesta

Base price: \$14,500  
All-new sedan and hatchback models are easy on the eyes and easy on gas.

### Chevrolet Sonic

Base price: \$15,000 (est.)  
2012 Aveo replacement offers lots of power plus good fuel economy.

### Hyundai Accent

Base price: \$14,700  
New sedan and hatch feature 138 hp plus 5.9 l/100 km combined rating.

WHEELBASE MEDIA

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**metro**

# A3 has a mainly-satisfied owner community

## SECOND GEAR

 JUSTIN PRITCHARD  
DRIVE@METRONEWS.CA

Audi's entry-level model, the A3, is a five-door hatchback with four- or six-cylinder power, available Quattro AWD and all the flexibility and functionality of an upscale German mini-wagon.

The A3 has been nicknamed the Beverly Hills GTI in some circles, referencing its Volkswagen-based underpinnings and engines.

Feature content included upgraded audio, heated leather, navigation, folding rear seats, a panoramic sunroof and plenty more.



### Engine



Look for VW Group's two-litre turbo four-cylinder with 200 horsepower, or a 3.2-litre V-6 with 250. Quattro was standard with the six-cylinder engine and available on four-cylinder units later in the A3's life.

### What owners like



Existing A3 owners typically rave about styling, build quality, comfort levels, all-season traction and even fuel efficiency on models with the four-cylinder engine. Good ride and handling characteristics round out the package.

### What owners dislike



Owners say the A3 won't prove the most comfortable way to haul around four or five adults, and the centre console chews nicely into the driver's right-side knee space. Owners of earlier models typically wished for Bluetooth compatibility, and many report "weak" factory tires.

### Common issues

Hard, inconsistent or "sloppy" shifting from the Direct Shift Gearbox (DSG) may be caused by a faulty computer control or "mechatronics" unit, which controls this advanced transmission. Long-term reliability of the DSG gearbox is currently unclear. If you're happy driving a manual, stick to your guns.

Note that sporadic acceleration or a "lumpy" feel to the engine's power delivery could be related to faulty or failing ignition coils.

### Verdict

There are more affordable and reliable ways to get around than the A3 — though a largely satisfied owner community suggests that the potential issues are far outweighed by the rewarding year-round driving experience and luxury.

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**2011 Ram 1500 Crew Cab Laramie shown.**

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SIRIUS® SATELLITE RADIO (1 YEAR NO-CHARGE SUBSCRIPTION)	✓	✗	✗	
REAR STABILIZER BAR	✓	✗	✗	
HD ENGINE COOLING	✓	✗	✗	
LINK COIL REAR SUSPENSION	✓	✗	✗	
POWER WINDOWS AND LOCKS	✓	✓	✗	
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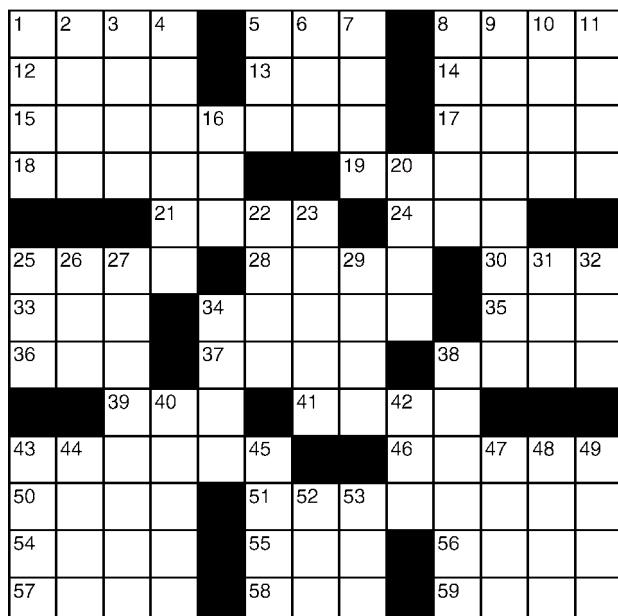
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## Crossword

**Across**

1 007  
5 Swelled head  
8 Acknowledge  
12 Reed instrument  
13 Cattle call  
14 Options list  
15 Bean spiller?  
17 Curved lines  
18 Left the chair  
19 Nickelodeon  
spillages  
21 Afternoon affairs  
24 Lennon's lady  
25 Use a paper towel  
28 Scorch  
30 Can. neighbor  
33 The whole thing  
34 Aquatic flora  
35 Kennedy or Koppel  
36 Crafty  
37 Greenish blue  
38 At the home of  
(Fr.)  
39 It's the word  
41 Lemon coating  
43 Oklahoman  
46 Passion  
50 Piece of work  
51 Cape Cod city  
54 Greek cheese  
55 Lamb's dam  
56 Apportion (out)  
57 In need of liniment  
58 Gender  
59 Old portico



7 Ahs' mates  
8 Forcefully  
9 Martini ingredient  
10 Erstwhile  
11 Wimpy sort  
16 Rhyming tribute  
20 Unmatched  
22 With skill  
23 "— and spice and  
..."  
25 Existed  
26 Under the weather  
27 Old Chrysler  
29 Hindu princess  
31 Witness  
32 Wood-shaping  
tool  
34 Pinnacle  
38 Data holders  
40 Recant  
42 "Platoon" setting  
43 Couch  
44 Oil cartel  
45 Deli loaves  
47 Song for two  
48 "Beetle Bailey"  
dog  
49 Perlman of  
"Cheers"  
52 Great wonder  
53 Actor Harrison

## Down

1 Goes up and down  
2 Death notice  
3 NASA scrub  
4 Lower in rank  
5 Ostrich's cousin  
6 Obtained

## Today's horoscope



For today's crossword answers  
and for expanded horoscopes,  
go to metronews.ca

**Aries** March 21-April 20 It's one of those days when you would rather be anywhere but where you are supposed to be. Chin up.

**Taurus** April 21-May 21 Nothing you do is ever wasted. Your big breakthrough WILL come.

**Gemini** May 22-June 21 It may seem as if certain people are being deliberately obstructive, and maybe they are, but why should that be? Think about it.

**Cancer** June 22-July 22 There is no need to worry about the future. You may not have gotten the breaks you wanted, but that's life.

**Leo** July 23-Aug. 23 No matter how unsettling the changes that are taking place may be, they are all for the best in the long-term.

**Virgo** Aug. 24-Sept. 22 Sometimes, it can be all too easy to get depressed, so focus on things that bring a smile to your face.

**Libra** Sept. 23-Oct. 23 The secret to happiness is to keep moving forwards. It's all about self-motivation. Go for it.

**Scorpio** Oct. 24-Nov. 22 You made an error of judgment and need to make amends to those who followed your advice and lost.

**Sagittarius** Nov. 23-Dec. 21 Most of the time your hunches are spot on, but if you trust your instincts today, it may all go wrong.

**Capricorn** Dec. 22-Jan. 20 Your relationship with people in authority is more important than usual, stay in their good books.

**Aquarius** Jan. 21-Feb. 18 You may think someone is keeping something from you, and maybe they are. It doesn't have to be bad.

**Pisces** Feb. 19-March 20 Let certain people know that you will not allow them to get rich at your expense. **SALLY BROMPTON**

## Sudoku

5	2		4		1			
8						3		
9	7		6					
1	9	3			6			
8					7			
3			9	8	4			
			7	5	2			
2					1			
	1	9	4	6				

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



6	2	9	3	1	8	4	7	5
4	5	7	9	2	6	1	8	3
3	1	8	7	5	4	6	9	2
7	3	1	2	6	9	5	4	8
2	9	5	8	4	1	7	3	6
8	4	6	5	3	7	9	2	1
9	6	3	1	7	2	8	5	4
5	7	4	6	8	3	2	1	9
1	8	2	4	9	5	3	6	7

Today



14°/2°  
Sunny

Thursday



13°/5°  
Sunny



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